

Tension Tamer

Stress Management Program

The State Health Plan
PREVENTION PARTNERS

South Carolina Budget and Control Board
Employee Insurance Program
1201 Main Street, Suite 830
Columbia, South Carolina 29201

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Presents



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1201 Main Street, Suite 830
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803-737-3820



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The State Health Plan Prevention Partners is pleased to announce the development of "Tension Tamer," a stress management program.

This innovative program is designed to help reduce and manage stress. This personalized program addresses stress management by providing means to identify your sources of stress, assess your own stress patterns, identify stress management techniques and carry out a plan of action.

Stress management techniques such as progressive relaxation, visualization, breathing, exercise and others are provided.

Prevention Partners' "Tension Tamer" stress management program includes a manual, stress dots, a 60-minute relaxation cassette and a stress screen.

The program costs \$10.00.



Tension Tamer Order Form

Name _____

Address _____

City _____

State _____ ZIP code _____

Work phone _____

Quantity	Price per program	Extended price
	\$10.00	\$
Subtotal		\$ _____
Sales Tax (5%)		\$ _____
TOTAL		\$ _____

CHECK OR MONEY ORDER MUST ACCOMPANY THIS ORDER. SORRY, NO I.D.T., TRANSFER OF FUNDS, CASH, C.O.D. OR INVOICES ISSUED.

Make checks payable to:
Employee Insurance Program

Mail check and order form to:
Employee Insurance Program
Prevention Partners
1201 Main Street, Suite 830
Columbia, SC 29201
803-737-3820
FAX: 803-737-0793